

INSTRUCTIONS

FOR THE

CAPTAINS & MEDICAL DOCTORS

TRANSPORTING CHINESE COOLIES

FOR ACCOUNT OF

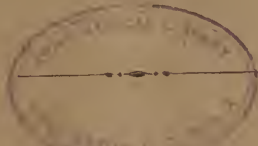
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~~FROM AML~~

THE ASIATIC COMPANY

OF

Messrs. TORICES, FERRAN & DUPIERRIS,

OF HAVANA.



NEW-YORK:

E. B. CLAYTON'S SONS, 161 PEARL STREET.

1859.

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THE ASIATIC COMPANY

OF

MESSRS. TORICES, FERRAN & DUPIERRIS.

OF HAVANA.

As soon as the Captain shall declare that he is preparing to receive his cargo of Coolies, there shall be delivered to him a copy of our instructions, in order that he may obtain from them the necessary information for the better providing the means of accommodation.

The great mortality which often takes place amongst the Chinese Coolies imported to the Island of Cuba, has attracted ^{they} attention of the Government of Madrid, and has induced it ^{uld} to dictate laws or ordinances which will have the effect of causing ^{all} great losses to the enterprise, notwithstanding the greatest precautions taken to avoid mortality.

The Asiatic Company understands moreover that it is for its interest to adopt the most complete hygienic and medical treatment. This measure being as much for the interest of the vessel and the Captain, it hopes that by adopting these means it will be possible to avoid in a great measure the mortality which the rigor of the ordinances is intended to punish, too severely without doubt, because at times nothing can guard against it. There is no doubt however that it may be almost avoided, by adopting the measures which we will indicate, especially by uniting that perseverance which humanity inspires.

Our instructions will be directed,

1st. To the manner of arranging the vessel.

2nd. The choice to be made of food, and its use during the passage.

3rd. The selection of the Coolies.

4th. The hygienic treatment to which they will be submitted

5th. The duties of the Captain in regard to the Coolies during the voyage.

6th. The duties of the Doctor.

7th. The composition of the pharmaey; and

8th. The modes of treatment to be preferred to combat the diseases with which the Coolies are attacked during the voyage.

THE VESSELS AND THEIR ACCOMMODATIONS.

The swiftest ships are to be preferred, not only because the passage will be shorter, but also because with a very slight breeze they can get away from the places where calms might retain a heavy ship a long time, to the detriment of the health of the Coolies. Calms deprive these passengers of a free circulation of air, which is a thing indispensable to protect them from an air vitiated by the too compact number, considering the too restricted space of a vessel.

We do not fear that voyages a little more protracted will have deleterious influence on the health of the Coolies, so long as we have not been many calms during the voyage. We should therefore always prefer clipper ships for the reasons we have indicated.

The deck must be cleared so as to be able to contain at a time the half at least of the passengers. It would be still better if all the passengers could be there together. It is in our opinion the best means of naval hygienies, especially for men unaccustomed to sea voyages.

There should be at least a space of seven feet between decks. There should be several light ports on the sides, so as to cause a current of air with the hatches, by means of air conductors or ventilators, stationary or moveable; these light ports have also the advantage of facilitating the conveyance of light.

THE ACCOMMODATIONS BETWEEN DECKS.

It is customary to have two rows of berths on each side, and in the centre of the space between decks, leaving a passage between the berths of from a metre and a half to two metres. We consider it useless, if not injurious, to have a lower tier of berths.

First, because it takes from the height at least fifty centimetres; and secondly, because it is not easy to clean well under the berths; and it is well to know that the Coolies do not acquire a habit of throwing things where they cannot be seen; if they find an opening in the seams between decks, they will pour into it the remnants of their tea and their urine, etc. It is necessary therefore in the arrangements to provide against these bad habits. We advise therefore to make only one row of berths, the lower part of which will be four feet from the ground, upon which mats spread will make a good bed. But there is one inconvenience to be guarded against, namely, that a wave might send a portion of water in the neighborhood of the hatches; this would be a still greater inconvenience, if the water should remain below the berths. We think the Captain should cause the hatches to be covered in case of need. The arrangements which we propose have the double advantage of presenting less obstacles to the circulation of air, of facilitating the operation of cleaning, and also of causing an economy of time and money.

Some Coolies have a great tendency to remain in bed, and they must be made to go up on deck; that is one reason why we should advise that divisions should be made between decks, so that all those of one division should go on deck at a time; there would be this advantage, that you could make sure that no one had remained below; and that portion could then be cleaned whilst the passengers that belonged to it were taking the air, which would be the best way. One thing however, troubles us on this subject, which is that we fear it may affect the speed of the vessel; the Captains must decide this point; they know what we want to do, and they will know better than we do how to do it. We will finish this paragraph by recommending that the cleaning should be done dry, for we will repeat incessantly, that you must avoid wet in the habitations of the Coolies.

HOSPITAL.

The hospital must be on deck; it is to be placed so as not to interfere with the circulation of the air, and it is to be located in a clear place. It is to be capacious enough to contain six per cent.

of the number of Coolies embarked; it must be kept with the greatest possible cleanliness. They must not spread chloride of lime to disguise the bad smell; it is better to sprinkle with a little good vinegar, and to carry away the cause of the bad smell, as often as it can be done.

KITCHENS.

The kitchens of the Coolies are to be constructed so as to enable them to be kept very clean, and guarded against taking fire. The place that seems to us best calculated for them, is forward of the main hatch; their length, if the beam of the vessel will allow it, should be all that would be required for all the necessary kettles; should this not be possible, it should be divided into two parts, one of which should face forward, and the other aft. The roof might be of tin, and the interior should be lined with bricks, or at all events with tin.

COOKS.

The number of cooks should be three for every one hundred Coolies; but when the number shall exceed four hundred, there should be added two for every one hundred over four hundred. The custom is to pay them their wages at the time of their departure; we would prefer that at that time only the half be paid to them, and that they should receive a bond for the balance on their arrival at Havana, if the Captain should say they had done their duty.

BARBERS AND THEIR ASSISTANTS.

There should be a barber for every 50 Coolies; these barbers should be obliged to assist in the police of the ship, which should be done by assistants chosen from amongst the best behaved of the Coolies. Their pay should be the same as that of the cooks, and the payments should be made as we have indicated.

CHOICE OF PROVISIONS.

It is not possible to be provided for so long a voyage with fresh provisions for the daily food of the Coolies; they should,

however, be procured whenever possible: potatoes of every kind; fresh vegetables, or vegetables preserved dry; live pigs or sheep; poultry especially for the hospital; eggs, and good biscuit. The rice should be of good quality; the same may be said of the pork and the salt beef. Siam fish should be packed in casks or in solid cases, and each layer should be separated with rice straw. Fruits should be preserved in vinegar, and never in salt. The vinegar must be proved; it is a thing too useful, so that we must be sure of its good quality; we say the same of the oil, the biscuit, in fine of everything that is to serve as food for the Coolies.

THE WATER.

Water is a portion of food that requires the greatest care; we recommend the Captains to taste it and try it; they must make sure that it has neither taste nor smell of any kind. The water should be fresh and limpid, and it must dissolve soap perfectly.

When during the passage water acquires too much bad smell, and that it has a bad taste, they may endeavor to make it lose these bad qualities by means of charcoal, which should be put into the casks; but when this means fails, they may succeed by boiling it, and beating it, so as to expose all its parts to the contact of the atmosphere in order that it may get saturated with air, so as to replace that which it has lost by boiling.

Some ships have stills on board; that is a source not to be rejected; but it is not sufficiently known that distilled water is not healthy, and that preparations are necessary without which, in place of being of service, the still would be the cause of mortality. We have unfortunately, examples of the fact. The following course is that which should be adopted:

Distilled water is deficient in air and salt; the first is obtained by placing it in vessels, and exposing it to the air for a considerable time, and by shifting it into another vessel by means of a dipper, pouring it through fine cloths, so as to allow the air to penetrate it. This operation may be repeated two or three times. When the water is in the first vessel, you should add a package

of salts composed as follows, for a quantity of 1000 litres of water :

Chloride of Sodium	48
Sulphate of Soda	3.4
Bicarbonate of Lime	48.0
Carbonate of Soda	14.0
Carbonate of Magnesia	6.0
Peroxide of Iron	0.7

These salts are to be diluted in some litres of water, then pour the whole into the vessel that contains one Kilolitre. If the water has been preserved in iron vessels, it would be unnecessary to add the peroxide of iron.

If these directions are carefully followed, you can render distilled water, which at first is indigestible, as good as the best fountain water.

THE DUTIES OF THE CAPTAIN AND THE DOCTOR ON FIRST RECEIVING THE COOLIES.

The Captain and the Doctor must carefully examine the Coolies according as they are received for embarkation; they must not admit Coolies over 30 years of age nor under 16, except about 20 ranging from 13 to 15 years; they must not admit smokers of opium when that vice is rooted in them, with sallow complexions and with eyes which indicate a state of langor; the Coolies should be robust, perfectly healthy in body and mind without bodily injury of any kind.

HYGIENIC TREATMENT TO WHICH THE COOLIES ARE TO BE SUBJECTED.

CLOTHING.

The Coolie is to be clothed at the time of his embarkation with pantaloons, a vest which serves as a shirt, a pair of shoes, a hat; and he must also have a little napkin, or say a piece of linen or cotton and which can be used as such; a woolen covering, a mattrass and a pillow.

There shall be embarked three changes for each Coolie, one

of which shall be in his bag and the two others shall be in cases in charge of the Captain; there shall also be delivered to the Captain a woollen jacket for each Coolie; this jacket shall be given to the Coolies as soon as the cold makes itself felt on board; one change shall be given to them on crossing the line, and the fourth on coming in sight of the Moro at Havana.

WASHING.

There shall be given to the Coolies, whenever the fresh water can be replaced, soap and soft water to enable them to wash their soiled linen; an officer must see that they wash their linen every opportunity that offers; the beds are to be shaken on deck every day. This should be done on a part of the deck where a few buckets of water will carry overboard all the vermin that may be scattered about. It is also in this part that they should be made to comb themselves and make their toilet in which employment they generally occupy a deal of their time, and the time should be given to them.

BATHS AND EXERCISE.

The Coolies must all come on deck every day, and they must remain there as long as possible. We suppose that they cannot all come up at the same time, but we consider it important that one half should be always above. One half being on deck from an early hour in the morning, they should first bathe, then take exercise, and then make their toilet. On the following day, it will be the turn of the other half to go through the same proceedings. During the remainder of the day, they will make each half go up and down in turn. This can be done at the time of the changing of the watch amongst the crew. The policemen must be careful that every thing is done as we have indicated; and whilst the ship remains in the Chinese Seas, when they come in sight of land, they are to be well watched, and the children should be employed as spies, to discover the plans which the Coolies may have formed, whether through home-sickness or sea-sickness, or the bad natures of some amongst them.

In tempestuous weather, or when it shall be too cold, the Coo-

lies should not be obliged to bathe, but it will always be necessary to make them wash themselves properly, and then take all the exercise that circumstances will permit.

FOOD.

We think that there is too much food given to men who do not take sufficient exercise to consume this excess of food. We are of opinion that it is in the baracoons that they should commence to regulate their food. When the Coolies arrive to the agents of emigration, they are famished, and being gluttons by nature are induced to swallow a portion of food such as three Europeans could scarcely consume. If the persons whose duty it is to distribute to them provisions knew how much it would benefit them to fix their rations, so that each one would be sufficient, and yet not excessive, the Coolies then would acquire a habit of getting so much food, and would not require enormous quantities of rice, which by over-extending their stomachs, trouble their digestion. We are satisfied that the proportion of eight ounces of rice for each meal is more than sufficient, especially if they mix with the second meal two ounces about per man of dried peas, which it is the custom to embark at Macao, and of which the Chinese are very fond. They also give at each meal two ounces of meat, potatoes and other vegetables; two cups of tea and a glass of water more or less to aid digestion. The next day they replace the meat with fish, and so on. Although we limited the quantity of water to one glass for each meal, it is not to be supposed that they are only allowed this quantity; on the contrary, it would please us if they would drink two bottles a day, especially when it is very warm, but they should not be allowed it until after two hours shall have elapsed since their last meal. It has been thought that it would be advisable to put the Coolies on a ration of water during the whole passage; our experience has shown us the bad effect of such a system. Accordingly we recommend that they be allowed to drink, moderately of course, but several times a day.

There will be two meals a day. Whenever it is feasible, they should be made to take them on deck. I think the way it should

be done is as follows : one half should breakfast at 8 o'clock and should dine at four ; the other half should breakfast at 9 o'clock and should dine at 5. On the following day the respective halves should change hours.

Our object in recommending that the meals should be taken on deck, is principally to prevent the air of between decks, which is more or less vitiated, from infecting the food, and from being conducted to the stomach where it would be digested with the food, and conducted with their proceeds through all their economy by the circulation of the blood. It is scarcely necessary to say how much it would injure the health of the Coolies under any circumstances.

Special Instructions for the Captains.

The execution of these directions is of course under the care and orders of the Captain, but we have still to instruct them upon some other points which appear to us of great importance.

We have recommended to him,

1st. To examine carefully the provisions, in regard to their quality and their quantity.

2nd. To assure himself of the good quality of the water, and we will repeat to him here what he is told by his charter party in regard to the water, that is to say, " that he must have on board a quantity of water sufficient for five months, at the rate of a gallon per day for each Coolie, and that he is to renew it at the Cape of Good Hope or at St. Helena, where he must procure fresh provisions for the Coolies, on account of the Company."

3d. That the Coolies which he is to convey are to be between the ages of 16 and 30, and that only about 20 shall be admitted whose ages need not be above 13 ; that the said Coolies must be perfectly sound of body and of mind, and that they must not be afflicted with any deformity of body.

4th. That the between decks shall be perfectly aired, and kept perfectly clean.

5th. That every second or third day, it is to be lightly sprinkled with vinegar, etc., etc.,

The Coolies are to be divided into messes of ten men : the

most intelligent should be the head of the mess ; and it would be good to make him understand that he is responsible for the conduct of his men ; this head man is to go to the kitchen to get the food to bring it to their place of meeting.

Whenever the weather will permit they should make a tent ; and the Coolies should not be allowed to wear wet linen.

The Coolies must be as carefully watched as the crew, in order to prevent quarrelling amongst them ; you must not allow any one to cut the hair of the Coolies, for they take a great pride in its preservation, and that would be considered as degrading amongst them.

You must encourage them to play music, of which they are very fond ; they are also very fond of playing cards and dominoes ; you should take advantage of this fondness, to induce them to take exercise to which they are much opposed ; you may give them for play, as much time as they will devote to exercise.

Should the Coolies get to quarrelling together, the Captain should use his utmost endeavor to reconcile them ; he should always act with justice, for the Coolie likes to be thus treated, but he never forgives if you act unjustly with him.

If any circumstance beyond your control should compel you to put into any port, especially in the Chinese Seas, you should cause the Coolies to be thoroughly watched, for they will throw themselves into the water in the hope of getting to shore, and no distance will deter them.

You should be supplied with a bill of health at the port of your departure, and you will provide yourself with a second, or rather with another at each and every port where you may touch during the voyage.

Your cares, the cares of your officers and of your crew, will undoubtedly be crowned with the most perfect success.

We believe we have omitted nothing that can tend to the comfort of the Coolies ; humanity and our own interest have dictated to us the measures which we have just recapitulated ; but as it is hard to foresee everything, we will terminate these instructions by recommending to the Captain to act for the best in the cases which are not provided for, and also the same, should

circumstances require a variation from the directions which we have given.

We will now hear of the medical department, that is to say of the means which our experience has taught us to be the best.

Second Article.

MEDICAL DEPARTMENT.

In the first place, we will ask of the medical men, not to consider these medical instructions as invariable rules from which they should have no right to depart; we are aware that ships have not always on board very efficient Doctors; that occasionally the Captain is obliged to act as Doctor; and moreover a well educated Doctor will always gladly receive the results of the experience of others. The preceding will be our excuse for writing in language that may seem rather trifling, as we repeat that we write especially for the assistance of the Captain.

It is much better to prevent sickness than to have to cure it. It is with that idea that we have here stated the hygienic rules that we consider best calculated to attain our end. This second article shall be entirely dedicated to the treatment of the maladies with which the Coolies are most frequently attacked during the voyage.

The maladies are from their commencement sometimes very serious, and the greatest care will not sometimes suffice to counteract their effects; fortunately however, this is not the rule, but the exception. We must therefore be careful to detect the malady in its incipient stage; it must be combatted from the beginning. That seems very simple, and would undoubtedly be so, if we had to do with men who valued their lives, and who would be willing to submit to the privation of food, in order to arrive at a cure of their maladies; but it must be remembered that the Coolie prefers sickness and even death, to the fact of submitting to a regimen; he will therefore conceal his sickness as far as possible, and when he is discovered, he will even then manage to elude the prescriptions.

To obviate this trouble, the Doctor should each day examine all the Coolies, one by one; he should also recommend that sen-

tinels should be placed so as to notice all those who go to the water closet, so as to examine more critically all those who during their stay on deck should be obliged to go frequently to the water closet. You must also have recourse to the youngest to inform the Captain of any sickness with which any of them should be attacked; the policemen, the interpreter, the barbers and the masters of the mess should likewise be urged to this work of humanity.

The maladies of which we are about to treat, are only those to which we attribute the mortality during the passage; they are: 1st Dyspepsia; 2d Scurvy; 3d Diarrhœa; 4th Dysentery; 5th Anasarque or Dropsy of the skin; 6th Gastric fevers; 7th Affections of worms; 8th Ulcers; 9th Aphthemia; 10th Anemic; 11th Nostalgia or home sickness; and 12th a delirium which induces them to commit suicide, and which much resembles delirium tremens of drunkards, the itch and the scurf.

DYSPEPSIA.

SYMPTOMS.

This malady which is nothing more than a depraved digestion, is known by the following signs: no appetite, or out of order; heaviness and tension of the region of the stomach after having eaten; belching, with the taste of the food recently taken; flatulency, moroseness, drowsiness, inclination to indigestion, and to the presence of much mucus in the stomach, which is indicated by the coating of the tongue.

CAUSES.

When the Coolies first engage they think of nothing but eating, which they do to excess; as soon as they get the opportunity, they swallow their food until their stomach becomes extended until the fibres of that organ lose their contractive faculties.— This is a fact to be noted, because it is in opposition to the opinions of those who have given their attention to Coolies; they say they should not be allowed to drink water, but tea; we attribute one of the causes of dyspepsia to *the abuse of tea*, want of exercise, &c.

TREATMENT.

You must first examine the tongue; if it is coated you should administer an emetic of ipecacuanha, if there is also diarrhœa, or stibiated tartar where it is not accompanied with diarrhœa. It is especially when the patient shall have an inclination to vomit, or that he shall actually vomit, that it is necessary to commence the treatment by an emetic; but if the symptoms indicate constipation, it is better to administer an ounce and a half of Epsom salts. If then you notice much weakness you should give a decoction of Peruvian bark, two or three cups full a day; but should the inclination to vomit continue you should prefer a decoction of Columba; you may likewise give bitter chicory, gentian, &c. The food should be light but nutritious. Exercise is most important; should the weakness be very considerable, you should prescribe lemonade made of sulphuric acid, subcarbonate of iron in doses of 8 grains, 40 centigr. twice a day morning and evening, beer, wine, &c.

SCURVY.

SYMPTOMS.

This affection is usually pretty well known amongst sailors, but we think we ought to recall here the principal symptoms, so as to enable you to judge of the relationship which exists between this disease and the other affections with which the Coolies are often attacked during their sea voyage.

The patient is dejected, the gums are swollen, he feels them itching, and they easily bleed; the breath is fetid, *respiration is weak and even painful with the least effort, the complexion is pale, the face bloated, and the legs swollen, and there is a depression of spirits.* As the sickness progresses, there is frequent bleeding at one or more parts at a time, and it is found very difficult to stop it; the weakness is constantly on the increase; *the patient faints with the least motion, his legs become covered with livid spots and palish colored spongy ulcers;* and finally there is a great tendency to gangrene, though it does not follow that inflammation should precede it.

We have underlined the symptoms which belong to masarque

or dropsy of the skin, after which come the spots on the skin, and the ulcers so hard to be cured, as we have noticed by those which several of our Coolies have on their arrival at the Island of Cuba.

CAUSES.

We will repeat that we have the greatest confidence in a strict attention to the hygienic rules which we have set forth; the infraction of these rules will cause evils that will quickly induce scurvy in the coolies. Dyspepsia will be one of the first affections which will induce a disorder in the blood, or either its dissolution, the diminution of its vitality, and the tendency to putridity.

The less proximate causes are, damp and cold air, vitiated air, the use of salt meat, etc.

TREATMENT.

There is no doubt that the best means are pure air and fresh provisions; but this can only be obtained on getting ashore; and again we must say that it frequently happens that the disease has made such headway that these advantages have very little effect. It must be understood that this affection will attack men who are unacclimated to the sea air much sooner than those who are accustomed to sailing. This will explain the advanced stage of the complaint with the Coolies after a passage of four months.

The difficulties caused by the circumstances should induce us to employ all the means in our power to guard against an evil which it is almost impossible to cure on board, especially when the hygienic means which we have recommended have been neglected. On this point, we will remind you of cleanliness, ventilation, exercise, amusement, and frequent baths; and the propriety of giving good water and fresh vegetables as soon as they can be procured.

CURATIVE MEANS.

The curative means will be a spoonful every three hours of the following potion:

Rain water	180 grammes.	
Alcohol of Cockléaria, or scurvy grass..	15	"
Lemon juice	60	"
Opium.....	.5	centigr.
Syrup.....	60.00	"
Alcohol of Cinnamon.....	7.00	"
		Mix.

You may also give with advantage from 120 to 150 grammes of lemon juice mixed with a little syrup, in two doses, that is to say, one-half in the morning, and the other in the evening, the lemonade made with sugar and water, and as much sulphuric acid as is necessary to give it an acid taste. Of the decoction of bark twice a day; you may make a gargle of alum dissolved in water; with a solution of nitrate of silver in rain water (5 centigrammes of nitrate of silver to 30 grammes of water); you may touch the ulcers of the gums with a brush dipped in muriatic acid, being careful not to allow it to touch the teeth.

We will treat of the ulcers in a separate article, consequently we will say nothing about them here.

We desire it to be well understood that the affection of which we have just been speaking, is about the point of departure of all those with which the Coolies are attacked, or that at all events it very frequently complicates them, and that consequently you must pay the greatest attention to the means of preventing it, as well as to its cure as soon as it makes its appearance.

DIARRHŒA .

SYMPTOMS.

Is it necessary to name the signs by which Diarrhœa is known? We think not; and we will confine ourselves to saying that when a passage occurs without its being preceded by colics, and especially when the evacuations do not weaken the patient, we should consider this state as a natural benefit, and that it is sufficient to moderate their food, to cure this slight affection.

But when the passages are preceded by colics, and that they weaken the patient, you must then hasten to cure it. We will not speak of the various signs, such as the variety of the color of the passages, by which you may ascertain the degrees and the divers forms of this disease, because we have always observed that Diarrhœa with the Coolies is invariably the effect of the same cause, and that there is no other distinction to be made than that of a more or less severe attack.

CAUSES.

We find that the same causes which produce Scurvy are also those which predispose to Diarrhœa; repeated indigestions are

the cause that hurtful and irritating matters collect in the stomach and in the intestines. Amongst the various causes we count especially food undigested, worms, and the repercussion of the itch or other affections; the weakness caused by the decomposition of the blood which no longer possesses the qualities necessary to excite properly the nervous system, which causes disorder in the functions of the intestinal canal. There are a great many other causes which we would recapitulate, were it our intention to write a complete treatise on this affection, but we believe it useless in a mere memorandum of the value of the one we are writing.

TREATMENT.

When the patient has still some strength left, we make him swallow two spoonfuls of castor oil, with an addition of 30 drops of Sydenham's liquid laudanum; our object is to carry off the matters or foreign substance which are in the intestines. Immediately after the effect of the purgative, we give two pills every day, (one morning and evening), composed as follows:

Gummy extract of Opium.....	10	Centigrammes.
Calomel.....	20	do.
Ipecacuanna in powder.....	20	do.
Soft extract of Absinthe, sufficient to make ten pills.		

You should continue the dose until they cause the Diarrhœa to cease, or at all events until they modify the passages. We have sometimes increased the dose by one pill for great opium smokers.

When the Diarrhœa continues, we are inclined to believe that there are worms, or a spasmodic state; for the first we use six grammes of powder of semen contra or worm seed, and two grammes of colombo, the whole mixed and diluted in a cupful of decoction of camomile, of mint or of tea; we continue this dose for three days, also continuing the pills. When we have to combat the spasmodic state, we give 15 centigrammes of camphor in the morning, and the same at night; the patient crunches this dose between his teeth, and then drinks several swallows of water, so as effectually to swallow the whole. We recommend this method very strongly, it having succeeded with us in cases where we have

been unable to discover the cause of the continuation of this affection.

The method we have just described will succeed almost invariably if the disease is taken in time, and when you can limit the diet to what is merely necessary, that is to say to sago, arrow-root or biscuit soups; but there are, of course, cases where it becomes necessary to suspend this method, and give an emetic of ippecacuanna and six pills, of 10 centigrammes each, of extract of ratania. If after trying these means for four days, you do not succeed in curing the patient, it will be necessary to have recourse again to the first method, which in our opinion is the best.

After the suppression of the Diarrhœa in its chronic form, you should make the patient, or rather the convalescent, take ferruginous preparations; we give the preference to sub carbonate of iron, which we administer in a dose of 5 decigrammes morning and evening, diluted in a little water or wine; occasionally we have recourse to a decoction of bark; we also willingly give a cup of camomile or of mint during the entire treatment. immediately after the pills.

We increase the food by degrees, giving soups, biscuit, roast meat. &c.

DYSENTERY.

SYMPTOMS.

Dysentery is characterized by a pressing desire to go to the water closet; there is however no real evacuation; the patient passes bloody mucus which resembles the coatings of the bowels: there is tenesmus and colic more or less violent after there is fever. What makes the difference between Diarrhœa and Dysentery. is that in the latter there is rather constipation than evacuation.

CAUSES.

The irritation produced by this affection may somewhat resemble that caused by the catarrhal affection of the bronchial tube; it is then sometimes the suppression of an irritation of the skin, or of the accumulation of bile becoming excited by its acridity. Opium in excess, the presence of worms in the intestines. the itch that has struck in, the absorption of air saturated with miasma, &c. are all causes producing this malady.

TREATMENT.

Dysentery becomes sometimes epidemic, but it is always in infected localities, which occasionally are produced by emanations arising from the ejections of the sick: this indicates plainly what is to be done in these cases.

Dysentery must be considered under two forms, acute and chronic. In the first of these cases we would recommend, as for diarrhœa, to give three spoonful of castor oil with 30 drops of laudanum: then take half a cup full of good vinegar and add a sufficiency of sugar to give it the consistency of honey; of this mixture give a spoonful every two hours: the sick person should frequently drink lemonade to which may be added a little brandy, and for nourishment give only sago or arrow root.

When the sickness takes a chronic form, we give an emetic of ipecacuanha: then we give a spoonful every two hours, of the following prescription:

Nitrate of Silver, crystalised.....	0. 5 centigrammes.	
Pure water.....	60 gram.	
Laudanum.....	six drops.	
Syrup or Sugar.....	40 gram.	Mix.

When the looseness continues, it is advisable to administer an injection of warm water, then before the patient ejects it, give another composed of 30 grammes of sub acetate of lead in a liquid state mixed with 500 grammes of water: these means may be repeated if necessary.

Should these means not suffice to check the chronic dysentery, it must then be treated as a diarrhœa.

Dysentery sometimes assumes a nervous or adynamic form, that is to say your strength suddenly leaves you in a most extraordinary manner; you must then add to the means indicated, valerian, arnica, or hot wine with a little cinnamon and sugar, three times a day, and for nourishment give soups and biscuit. When it assumes a putrid form, which is known from the cadaverous smell exhaled from the sick person, you must then insist on the decoction of arnica (15 grammes of the arnica leaf which you boil in 250 grammes of water) give two spoonful every hour; give also wine mixed with lemonade or with a little water.

Sago taken in the beginning of the malady, should be mixed with a good deal of water ; in this way it will assist to disembarass the intestines of the mucons which accumulates on the surface of the mucous membranes.

ANASARCA, OR DROPSY OF THE SKIN.

The most frequent cause of mortality on board of vessels transporting Asiatic Coolies, is Anasarca. We have received in our infirmaries a great number of sick persons attacked with this affection. We used to lose a great many formerly, but that time has gone by; the fact is, that by deep research, we have discovered an empirical method, for it consists in combatting the symptoms which experience has taught us are those against which we should oppose all our efforts.

SYMPTOMS.

The skin is found to be distended by the accumulation of water in the cellular tissue. It is at first in the lower extremities that we find this accumulation of water, but our patients frequently have it in the face at first. When we find the seat of the swelling commence in the upper part, we consider it much more serious than when it commences in the lower limbs; we always consider the swelling of the upper part of the body as a symptom of the accumulation of water in the cellular tissue enclosed within the internal organs, especially the lungs, which invariably indicates that the malady is very serious.

On pressing with the finger on the part swollen, the impression remains visible a long time; this is the most remarkable sign of Anasarca.

CAUSES.

Anasarca may arise from a dropsy of the belly or of the chest; in such a case however, we consider it as though it existed independent of this cause. What contributes to produce it in the Coolies, is, first that scorbutic state which the blood acquires, and which predisposes to a particular state, which spreads from various causes; we will not mention all the predisposing causes, for we have already mentioned them in treating of Scurvy; but we will add here the determining causes which we believe we have

detected; they are colds, inflammations of a rheumatic or psoric nature, (the itch), disease of the kidneys and the effect of general debility.

TREATMENT.

We think we ought to observe that at the time of the passage in the neighborhood of the Cape of Good Hope, you should modify the hygienic methods employed in the warm latitudes. In the first case it is right to keep up a certain degree of heat in the parts where the Coolies inhabit; there must however be a circulation of air, so that it may become renewed; but the complete renewal of the air should only be effected when the Coolies are on deck, and they should not be sent on deck until after they shall have put on their jackets, with one of which each Coolie should be provided; they should even be permitted to wrap themselves in their blankets, if the weather is very cold, and the Captain is not to judge of the degree of cold by his own feelings, for he is accustomed to it, and is well clad, whereas the Coolies are unprepared for this temperature to which they are unaccustomed.

Anasarca, like all other maladies, is not to be treated always in like manner; in fact we must distinguish two different kinds which may show themselves alternately, or one may merge into the other, so as to require the same species of treatment until it is entirely cured. We will treat of them in an active and a passive state; the first requires occasionally the loss of a little blood, at the same time making use of diuretics (to affect the urine); diaphoretics (to cause perspiration). In such a case we recommend 4 grammes of nitrate of potash, in a bottle of water, to be taken during the day; we then increase the dose 4 grammes every day until the dose consists of 30 grammes which must be given until the patient commences to urinate abundantly; you should then diminish the dose in the same proportion in which it was increased. You should also at the same time administer pills of digitalis prepared as follows:

Digitalis in powder 1 gram., 35 centigrammes.

Scammony do. }

Squills do. } id. 6 decigrammes.

Extract of Juniper, a quantity sufficient to make 15 pills, which must not be prepared in advance, because they would lose their good qualities.

One should be given the first day ; two the second, or say, one in the morning and one in the evening ; continue to increase the dose, one each day, until the urine flows in abundance, this dose should then be continued until the patient gets rid of the swelling ; you should then discontinue the dose of pills until you entirely cease.

When the anasarca makes its appearance in a chronic form, we first ask the patient if he is costive ; in which case we commence with one or two drops of oil of Croton Tiglium ; we then give a spoonful three times a day before meals, of diuretic wine, the composition of which is stated below.* Increase the dose of wine one spoonful every second day. This wine generally causes considerable evacuation ; the swelling soon decreases under its influence ; when this effect is not produced, it is that the patient is costive, and it then becomes necessary to repeat the oil of Croton Tiglium (one drop in a spoonful of ordinary oil) whilst you continue the diuretic wine.

As soon as you perceive the sickness diminishing, you must give the patient six decigrammes of subcarbonate of iron morning and evening, and continue the diuretic wine until the entire disappearance of the swelling.

When things go on thus, nothing is more simple than to cure the anasarca ; but unfortunately, it often happens that phenomena make their appearance which are very dangerous ; we will cite as an instance the case of the swelling leaving the lower extremities and passing to the upper ; this circumstance indicates that the cellular tissue of the organs of the belly or of the chest are congested ; the region of the stomach is in fact raised and hard, as though a spasm kept it extended ; the functions of breathing and of the heart are very difficult to be performed ; the patient feels ready to faint, the pulse is weak

(*) Jalap powdered.....	8 grammes.
Squills powdered.....	8 id.
Nitrate of Potash.....	16 id.
White wine.....	1000 id.

Cause them to be macerated for twenty-four hours, then strain through a cloth.

the skin is almost cold ; the blueish color of the lips indicate that the circulation of the blood is almost stoped. You must then apply blisters to the legs and arms ; administer a little decoction of mint or of camomile, and 8 drops of sulphuric ether poured into a spoonful of cold water, every second hour ; give also 60 centigrammes of calomel in two doses. Should there be costiveness give injections of soap-water. The patient should be kept as quiet as possible, for the least movement will bring on fainting, and from there to death is but a step.

You should rub the chest and stomach every two hours, with the following liquid :

Tincture of Digitalis	90 grammes.	
Chlorate of Potash	} of each 1 gramme.	
Camphor		
Kitchen salt		
Mix and shake well.		

What we have said will show that there is no time to be lost in commeneing to treat for anasarca from the very first moment that it makes its appearance, so as to prevent the phenomenon which we have just described; and we think that it will but seldom make its appearance, when we are careful not to neglect the means indicated.

There is yet another symptom, less grave, than the one of which we have been treating, but which however should be noticed by us; it is a paralysis more or less complete of all the limbs. This state is induced by the compression of the spinal marrow by liquid.

We continue in all these cases the diuretic wine so as to force the urine, and at the same time we give 5 centigrammes of alcoholic extract of nux vomica, of which we increase the dose 5 centigrammes every second day until we reach 25 or 30 centigrammes a day, divided into three doses. Exercise is very necessary; friction with spirits of camphor with an ointment of veratrine all over the neighborhood of the vertebral column, (30 centigrammes of veratrine well mixed with 30 grammes of grease.)

The food should be dry but nourishing, and it should be modified in all cases of derangement of the stomach.

In the same way that a looseness of the bowels is injurious when exaggerated, so a costiveness is no less so: but we dread the former most, because it weakens the patient too much; in that case you must cease the diuretic wine, and treat the patient as you would for diarrhœa, but still continue the nitrate of potash in a decoction of rice.

GASTRIC FEVERS.

Gastric fever is the fever we have met with most often with the Chinese Coolies; it varies according to the various substances which are contained in the stomach; it is of a saburral form when the matters which occasion it are of indigestible substances; it is of a mucous form, a bilious or a wormy form, when they are of mucous, bile, or worms; it may become inflammatory, nervous or adynamic in particular cases.

SYMPTOMS.

Tongue furred, yellow or brown, loss of appetite, frequent inclination to vomit, weight and fulness of the stomach, oppression, headache, the pulse very frequent but not hard, the skin hot and dry. These are the principal symptoms, to which may be added others which proceed from causes which cause the form to vary.

CAUSES.

The saburral deposits, (vitiating matters which proceed from indigestion), or other matters collected in the stomach and the intestines, and which cannot be elaborated by the digestive powers, cause a Diarrhœa or other malady of the intestinal canal, or which by a sympathetic effect, bear on the vascular and nervous system.

It is easy to account for the formation of saburral deposits with the Coolies, for their gluttony renders it impossible for the digestive faculties to suffice in elaborating the immense quantity of food which they swallow; it follows therefore that a portion of this food remains undigested, and becomes a foreign body from which issue morbid phenomena. There are other injurious matters which form in the interior, owing to disorders in the functions of certain organs, such as the liver, the pancreas and

other parts; we will not wait to detail these causes, we merely state the fact.

A wet atmosphere and incessantly changing, an intense and prolonged heat, and the habitual use of food difficult of digestion, are secondary causes, to which we may add home sickness and want of exercise; but the causes may not stop with producing this fever; they may produce other evils, which will depend on the causes from which they proceed.

TREATMENT.

What we have just said in regard to the causes of this malady, will show very plainly that for the purpose of curing it, it is necessary to get rid of whatever is contained in the digestive tube.

The furred state of the tongue, indicates that the stomach is the seat of the substances of which you must get rid; it will therefore be an emetic of *ippecacuanha*, or of tartar emetic that you should give at first; (1) and if you should judge that the cause of the disease is in the intestines, you must prefer a purgative of castor oil or of epsom salts, (60 grammes of either one or the other.) When the fever continues after the use of the evacuating medicines, it must be inferred that there is an inflammatory or nervous complication; if the pulse is full and hard, you should bleed; but you should, whilst the blood is flowing, make sure whether the pulse is getting very weak, in which case you must

[1] We prefer *ippecacuanha* when the patient has a tendency to diarrhoea, and tartar emetic when at the same time you desire to produce a motion.

The facility or difficulty of producing vomitings being very variable, we advise to give emetics in small doses. *Ippecacuanha* should be administered in doses of 5 decigrammes each in a little water, and repeated every 10 minutes until it produces vomiting.

When we give stibiated tartar, we put 20 centigrammes in a glass of water, and we give a spoonful every ten minutes until it produces vomiting, which should then be promoted by means of warm water.

stop the bleeding, because should such be the case, there must be a nervous state, which would have presented the appearances of an inflammatory state. In that case you should administer valerian or arnica.

If the lower part of the belly is swollen, if there is a rattling of water in the stomach, and the passages are very fetid, if there is a pain in the loins, we again recommend purgatives. The signs of the saburral state are those which indicate whether you must again resort to purgatives, and you must again have recourse to them, until the disease has yielded to the point where the patient feels an appetite, or at least that his state indicates a favorable change. Then is the time for administering tonics, such as as a cup of the decoction of Peruvian bark, twice a day, and some light food.

If in spite of these means the fever continues, you may be sure that the acridity of the stomach has passed into the blood, or that there is some complication; in that case we give a potion, of which we give a spoonful every hour; it is composed as follows: Virginia Serpentina (Virginia Snake Root) and powdered Peruvian bark, of each 8 grammes, and of water 180 grammes. Boil them for some minutes, and strain them through a piece of linen; of common syrup 30 grammes and spirit of milderers 30 grammes. Mix well.

We likewise employ this same potion in case of weakness of the stomach with inappetence, and in all cases when it is necessary to sustain the strength and to guard against putrefaction.

WORMS.

If we are to judge of the Chinese people by what we see amongst the Coolies that we receive, we should say that there is not a human creature so often attacked with worms as the Chinese; we even remark that children are not more subject to them than men.

The presence of worms in the stomach produces an irritation or a trouble which deranges the digestion, and consequently the functions by means of which the substances submitted to their influence in their normal state, are transformed into nutritious substances, which serve to replace the loss which nature incessantly

suffers. Worms may even exercise a great influence on the entire organization, and on all the functions at the same time, and on the moral faculties, so as to cause a great disorder, and consequently the most diverse and strange maladies.

SYMPTOMS.

The signs which indicate the presence of worms are also uncertain : we may even assert that there is but one which indicates it, which is their exit from the mouth or from the anus.

However, what will induce the belief of the presence of worms, is paleness of the face, frequent change of color, a great flow of saliva to the mouth in the morning, an inclination to vomit, bad breath, irregular appetite, excessive hunger, frequent itching of the nose, tension of the belly without its being hard, dilatation of the pupils, grinding of the teeth during sleep, propensity to spasms, &c.

The most common species of worms are the lumbricoid ascaris and the vermicular ascaris; we have never met with a case of taenia. The first frequently cause colics, especially in the neighborhood of the umbilicus; the second cause an insupportable itching in the anus: a difficulty to urinate, tenesmus, a mucous flowing from the anus; they induce you to attribute it to hemorrhoid affections, or to dysentery.

CAUSES.

We will not speak of outside causes; we speak of such as proceed from the organization itself; they are, weakness of the intestines, accumulation of mucous, the use of farinaceous food and humidity.

The presence of worms in the intestines may exist without their contributing to the development of the disease; but when they are in great numbers, and that they cease to remain quiet they may give place to the most dangerous maladies, or at all events complicate all those which are engendered in the intestinal canal where they have been domiciled.

TREATMENT.

We will not say how worms induce maladies; that would be travelling out of our course.

The first means to be employed should be palliatives, because it frequently happens that it becomes necessary to allay the verminous symptoms which occasionally endanger life.

You should endeavor to appease the worms by means of a few spoonfuls of oil. If that does not succeed, you should have recourse to emetics, or to six grains of camphor, which they powder between their teeth, and of which you facilitate the deglutition by means of a few swallows of ordinary or lukewarm water.

The radical treatment embraces the expulsion of the worms and their reproduction. We have said, in speaking of the diarrhœa, that the patient who was troubled with worms, should take 6 grammes of powder of semen contra, or worm seed, and two grammes of powder of colombo; we would recommend the same in the present case; and to give more activity to the remedy, we would give for three days, a spoonful to be swallowed every morning, of the following mixture :

Castor Oil	60 grammes.
Gum of Tragacanth.....	1 gramme.
Oil of Croton Tiglium.....	1 drop.
Water [common]	30 grammes
Ordinary Syrup.....	45 “

You dissolve the gum in water so as to make a mucilage; you put the gum into a mortar and add the water little by little; then the oil, also poured little by little; then add the syrup, and finally ten drops of semen contra or worm seed.

Be careful to mix the ingredients by shaking the vial well before administering the spoonful. If during the three days there should be no purgative effect, you should on the fourth give of this mixture a spoonful every hour, until it produces an evacuation. Some cups full of decoction of Peruvian bark for three or four days, will be useful to prevent weakness in the patient.

ULCERS.

S Y M P T O M S .

The Ulcer shows what it is, but we must say that amongst the Chinese it is generally seated in the skin, the cellular tissue and often the bony tissue. The loss of substance caused by the ulcer

is generally of a round form more or less, the edges rising perpendicularly; the matter which flows therefrom is generally very serous, and is sometimes mixed with blood which issues from the laceration of some of the vessels.

CAUSES.

The ulcer with the Coolies proceeds from an internal cause. In the paragraph which treats of Scurvy, you may in a great measure find a state which indicates a predisposition to ulceration. It is frequently sufficient that a pimple produced by the itch should make its appearance on some part of the leg, for the Coolie, by means of some sharp substance to lacerate it frequently, which produces a bad ulceration, when it is produced on a person badly prepared. A very prolonged *decubitus*, by compressing a part which comes in contact with a bony prominence, is a cause of ulceration.

TREATMENT.

When the malady which induces the ulcer is amongst the number of which we have spoken, it should be combatted by the means which we have indicated; but the ulcer of itself requires a local application; we seldom make use of but one, because it is the one which we have found to succeed best; it is a decoction of ten grammes of savin leaves to 500 of water, in which we soak linen which we apply to the ulcer; we renew the application four or five times a day. When no malady is apparent, we give twice a day a spoonful of solution of four grammes of iodide of potash in 250 grammes of water.

We give at the same time strong nourishment, especially when nourishment is abundant.

OPHTHALMIA.

SYMPTOMS.

Ophthalmia has different signs; we class them so as to attribute them to particular causes. A great redness, with a difficulty of bearing the light, intense pain, considerable watering of the eyes, and sometimes a swelling of the membrane which covers the globe of the eye (conjunctiva) characterise the high-

est degree of the inflammation of the eyes, in which state all the parts of the eye are more or less affected; it is therefore a very serious state of the eye, which must be immediately attended to. This inflammation is called Chémosis.

A pink circle of three or four millimetres round the corner indicates a rheumatismal ophthalmia; when numberless vessels cover the external face of the ball of the eye, and give it a violet color, you have then a scorbutic ophthalmia. If you turn back the eyelids, and discover granulations, you may then know that you have the granulous ophthalmia, one of the most difficult to cure. There are many other forms of ophthalmia, but we believe it useless to treat of them, because they rarely attack the Coolies.

CAUSES.

In speaking of the symptoms we have almost named the causes of ophthalmia; we will, however state some others. Any foreign substance getting by accident into the eye, the turning in of the eyelashes, which by that means come in contact with the ball of the eye and act as a foreign substance, the gas formed by the uncleanness of an inhabited place, a blow, &c.

TREATMENT.

The form Chémosis requires bleeding to reduce more or less the effusion; frequent lotions and even linen soaked in a portion of good vinegar in 4 parts of water lukewarm applied alternately on each eye. Introduce into the eye several drops of the following eye salve.

Nitrate of Silver crystalized. 60 centigrammes.

Rain or distilled water. 30 grammes.

Mix and repeat the application at first every hour; then more seldom in proportion as the inflammation subsides; and you cease only when the inflammation has entirely ceased. The vial which contains this salve should be wrapped in dark colored paper, so as to avoid the contact of the light.

At the same time, use interiorly a spoonful morning, noon and night of the following potion :

Corrosive Sublimate	0.15 centigrammes
Sydenham Laudanum	4.00 “
Powdered Gum Arabic	8.00 “
Distilled, or rain water	250 00 “

Dissolve the sublimate in the water ; mix the gum, and then the laudanum. We stop this potion as soon as the patient is enabled to bear the light, and we continue then the other means indicated, along with some purgatives, when the bowels are not perfectly free.

We recommend as an excellent means, applicable to all species of ophthalmia, the watered vinegar which we described above.

It is also necessary to attend to the diet, so as to reduce the inflammation. We will not suggest to put a Chinaman on a rigid diet ; it would be too much for him ; for either he is a glutton, or if he has lost his appetite, nothing will induce him to swallow his food. This diet should therefore consist of sage, creams, and arrowroot or of white soup.

Rheumatic, as well as granulous ophthalmia, improve with the prescription we have just indicated, leaving out the sublimate potion, and the salve is to be applied in the manner already directed, that is to say, often if the inflammation is very intense, and vice versa.

Scorbutic ophthalmia requires the use of the potion which we recommended when we treated of scurvy, and at the same time the salve of nitrate of silver, as also the vinegar and water, with the same directions as above.

For ulcerations of the Cornea we apply the salve of nitrate of silver twice a day, and we smear the outside of the eyelashes with the extract of bella-donna, or deadly night shade, so as to produce the dilatation of the pupil.

ANEMIA.

SYMPTOMS AND CAUSES.

This is an affection to which the Asiatic Coolies are very subject. The wretched life they lead in their own country, the too frequently insufficient nourishment, entirely composed of rice and fruits, the abuse of opium, &c., are the cause that the globules of blood are too scant to preserve the normal equilibrium the

globules will diminish, and the water will increase, and then the blood will become vicious, so as to render it morbid.

The essential symptoms of this affection are discoloration and weakness. When the malady has attained a high degree of gravity, there is an extreme paleness of the skin and of the mucous-membranes visible; all the functions of the body are more or less troubled.

TREATMENT.

When this affection proceeds from a visible cause, you must combat it, at the same time that you administer daily 60 centigrammes in the morning and the same at night, of subcarbonate of iron diluted in a spoonful of wine. You will also give a decoction of peruvian bark twice a day; give good nourishment to the patient.

But it is necessary occasionally to suspend this treatment, when the patient is attacked with febrile movements; you must then give a purgative of Castor Oil, and recommence the original treatment when the fever shall have entirely subsided.

NOSTALGIA, OR HOME SICKNESS.

Nostalgia, strictly speaking, is not a disease; but it is a proximate and powerful cause thereof. Man, no matter how miserable he may be in his own country, when he has left there his parents and friends, when he has embarked for the first time, is attacked with sea sickness. He finds himself surrounded by persons and things entirely strange to him, and will at last regret the misery which he has left. The Asiatic Coolie, coming from the interior of the country, where he has never before seen the sea on which he is now to live for several months; these considerations should induce us to have some pity for him.

The proper means for relieving this entirely mental affection, must be drawn from the same sources as the evil itself; we should therefore endeavor to occupy his mind, and all our endeavors should tend in that direction, in order to cure him. We must endeavor to awake his ambition; the Chinese have a natural propensity that way; it will therefore be easy to succeed. You must make him understand that he is coming to a

country in which he will gain money, where he may exercise economy by means of which he will be enabled to return after the expiration of his contract; that he will take back with him some money and knowledge that he may turn to profit when he is back with his family, that he need never again to leave. The interpreter must tell him these things without having the appearance of telling them to him merely for the purpose of curing him of his affection; it must be a conversation that will interest the home-sick man, and there is no doubt that the thoughts that will occupy his mind, and the part that he will have taken in the conversation, will have their effect in breaking the vicious thread of ideas which occupied his mind, and kept it in a state of inaction, or at least of oppression. As soon as you shall have succeeded in distracting him a little, you should make him take some exercise, and oblige him to take some nourishment.

NERVOUS INFLAMMATION OF THE BRAIN, AND DELIRIUM OF OPIUM SMOKERS.

The affection which is most frequently the consequence of Nostalgia, is a nervous affection of the brain. When the affection shows itself the evil is already very serious, for it is located in one of the organs most necessary to life; but the danger is much greater when the subject of it is a smoker of opium, or one who is debilitated by former privations.

The delirium is sometimes violent, sometimes tranquil, but it is always characterized by a tendency to suicide. There is a great likeness between this state and Delirium tremens of great drunkards. The slightest cause will suffice to drive the party affected to that point of delirium, that he will put in execution the project of suicide which he has formed from the viciousness of his mind. It is in the vessels where the between decks is badly aired, that we have noticed the Coolies most given to suicide by throwing themselves into the sea. We therefore consider that the want of air more or less pure is one of the principal causes of nervous affections of a very serious character.

TREATMENT.

The means to be employed are at first blisters to the legs. The pain which they cause sometimes distracts the patient from his dreams and turns him from his project; you must at the same time shut him up or tie him, unless you are sure of being able to watch him effectually, which would be much preferable. You should also give him 15 centigrammes of camphor in the morning, and the same at night; and when there is great weakness, you should give him as a drink a decoction of 5 grammes of arnica in 1,000 grammes of water: it need not boil over ten minutes, then strain it through a fine cloth. You may also give lemonade with wine it. Broth is the best nourishment, and in case you cannot have that, then cream of sago.

THE ITCH.

SYMPTOMS.

Little pustules with red borders, containing matter more or less clear, which at first appears generally between the fingers and on the wrists. They cause a great itching, especiall when scratched and under the influence of heat. When the sickness lasts a long time, dry or humid crusts form, and almost always end in suppuration. The sickness may extend all over the body except on the face, but the parts usually affected by the itch, are the folds of the skin and the articulations.

This affection may last a long time without causing any bad influence to the organization, but it may also end in emaciation and even in slow fever. It may also be the cause of grave complications in certain cases.

CAUSES.

The real itch is always the effect of contagion: it can not be communicated except by immediate contact either with the person infected or with the things that he has made use of. We cannot explain how it is that some persons are proof against this affection, we merely observe that want of cleanliness, bad air, bad quality or insufficiency of nourishment, damp and cold, predispose one very much to take it.

We will not speak of that itch which may be produced by or the symptom of another malady ; that would lead us too far, and without much use. But bear in mind that should the person affected with the itch also exhibit other symptoms, you must be careful to apply to them the proper remedies at the same time that you treat him for the itch.

TREATMENT.

This should vary according as the itch is of recent or ancient date, in the former case it will be sufficient to apply outward ointment prepared as follows :

Flowers of Sulphur	10.00	grammes.
Carbonate of Potash....	5.00	"
Axunge	40.00	"

Cause the salt to be dissolved in a little water, and then mix the remainder. Rub the parts affected with the itch pretty strongly with a tolerable quantity of the ointment: a few days will suffice to cure it.

When the itch is of ancient date, you commence the treatment by giving every morning 4 grammes of flowers of sulphur which you dilute in a little water; after taking this for four or five days, you may commence the friction with the ointment, and continue the sulphur interiorly, until the cure is effected.

There is no doubt but that the repercussion of the itch may cause maladies which are very dangerous ; it is therefore prudent to administer the sulphur interiorly, for a malady arising from the repercussion of this affection, would have no better means of opposing to it, than sulphur.

SCURF.

We will merely mention this affection for the purpose of advising a very simple salve which we use for destroying this malady when it is not very serious.

Axnugii	45	grammes.
Carbonate of Soda	7	grammes 20 centigr.
Slaked Lime	4	grammes 50 centigr.

Mix well, and rub the parts affected with this ointment every day.

The following is a list of the medicines &c., mentioned in these instructions, together with the approximate quantity that should be taken on board of a vessel carrying from 600 to 700 Coolies.

Sulphuric Acid.....	1,000	grammes	Opium	250	grammes
Aloot of Cinnamon....	500	"	Spirit of Mindereras....	1,000	
Powdered Alum.....	2,000	"	Essence of Semen contra		
Muriatic Acid	250	"	(Worm Seed).....	100	
Arnica	2,000	"	Spirit of Cochécaria		
Beer.....	A barrel		(Scurvy Grass)	2,000	
Powdered Columbo....	1,000	grammes	Flowers of Sulphur....	3,000	
Bitter Chicoree.....	1,000		Gentian	60	
Calomel prepared with			Powdered Gum Arabic	1,000	
steam.....	250		Ordinary Gum.....	2,000	
Camomile.....	1,000		Gum Tragacanth.....	60	
Cinnamon	180		Extract of Ratanhia....	300	
Carbonate of Potash....	2,000		Extract of Juniper....	250	
Ipecacuanha Root.....	250		Sub Carbonate of Iron..	2,000	
" powdered	500		Semen contra, powdered		
Lemon juice.....	10	bottles	(Worm Seed).....	1,000	
Jalap Root.....	4,000	grammes	Syringes, 1 large and 1		
Mint	1,000		medium		
Nitrate of Silver crystal-			Scammony.....	250	
ized.....	90		Squills, (dried onions)..	1,000	
Nitrate of Potash.....	4,000		" in powder....	500	
Sydenham Laudanum..	500		Virginia Snake Root....	1,000	
Raw Opium	500		Stibiated Tartar.....	120	
Powders composed for			Valerian Roots.....	90	
distilled water			White Wine.....	One barrel	
Peruvian Bark, pow'd	1,000		Extract of Belladonna..	60	grammes
" whole	2,000		(Deadly Night Shade)		
Carbonate of Soda....	1,000		Tincture of Digitalis....	1,000	
Digitalis in powder....	250		Chlorate of Potash....	250	
Soft Extract of Absynth	2,000		Iodide of Potassium..	120	
Gummy Extract of					

TABLE

OF

French Measures and Weights

REDUCED TO ENGLISH.

M E A S U R E S .

LITRE	- - - - -	1.760773 pint
DÉCALITRE	[10 litres]	2.2009668 gallons
HECTOLITRE	[100 litres]	22.009668 "
KILOLITRE	[1000 litres]	3.426 quarters
DECILITRE	[10th of a litre]	0.1760773 pint
CENTILITRE	[100th of a litre]	0.0170773 "

W E I G H T S .

GRAMME	- - - - -	15.4325 grains troy
DÉCAGRAMME	[10 grammes]	6.43 penny weight
HECTOGRAMME	[100 grammes]	$\left\{ \begin{array}{l} 3.527 \text{ oz. avoirdupois or} \\ 3.216 \text{ oz. troy} \end{array} \right.$
KILOGRAMME	[1000 grammes]	$\left\{ \begin{array}{l} 2.2055 \text{ lb. avoirdupois} \\ 2.6803 \text{ lb. troy} \end{array} \right.$
DÉCIGRAMME	[10th of a gramme]	1.5432 grain
CENTIGRAMME	[100th of a gramme]	0.15432 grain
MILLIGRAMME	[1000th of a gramme]	0.015,432 grain
A METRE, equals 3.28 feet.		

